

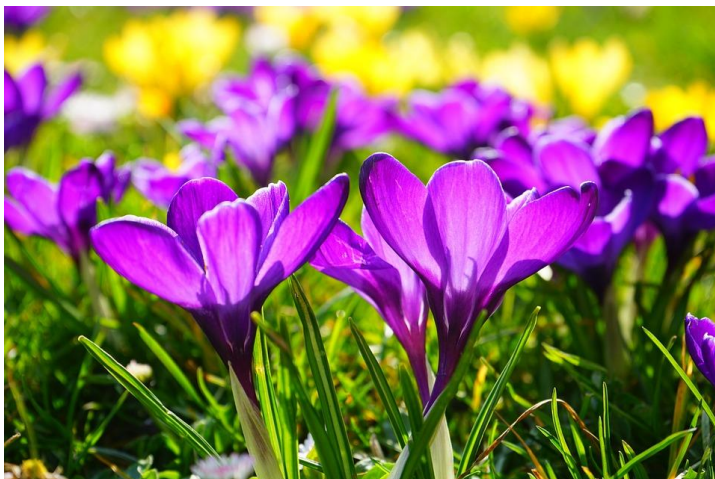
# Spring 2017



## EXPAND Volunteer Opportunities

### Getting Started:

1. Find a class you are interested in and that you can commit to regularly.
2. Call the staff listed below the class.
3. Set up a time to attend an orientation and fill out an application.
4. Get ready for fun!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Olympics Swim Training</b> 4/9-5/7 3:00-4:00 pm Jen-EBCC	<b>Books &amp; Beyond</b> 4/17-5/22 4:00-5:00 pm Cory-EBCC	<b>Walking &amp; Rock'in</b> 4/4-5/9 3:00-4:00 pm Sherri-EBCC	<b>Move N Groove</b> 4/5-5/24 3:00-4:00 pm Jen-EBCC	<b>Weight Lifting</b> 4/6-5/25 2:30-3:00 pm Sherri-EBCC	<b>Friday Fun (teen)</b> 4/7, 4/14, 5/5, 5/19 5:30-8:00 pm Chelsea-EBCC	<b>Special Olympics Gymnastics</b> 3/11-5/6 3:15-4:30 pm Chelsea-NBRC
<b>Youth Water Fun &amp; Safety</b> 4/9-5/7 4:00-4:30pm Jen-EBCC	<b>Water Aerobics</b> 4/3-5/22 5:15-6:15 pm Jen-EBCC	<b>Soccer</b> 4/4-5/9 4:00-5:00 pm Sherri-EBCC		<b>Spinning</b> 4/6-5/25 3:00-4:00 pm Sherri-EBCC	<b>Friday Night DANCE!</b> 4/21 6:30-8:30pm Cory-EBCC	<b>Open Gym Family Gymnastics</b> 4/15 4/29 5/13 4:30-6:00 pm Chelsea-NBRC
		<b>Unified Youth Soccer</b> 4/4-5/16 4:00-5:00 pm Sherri-EBCC		<b>Smile &amp; Stretch</b> 4/6-5/25 4:00-5:00 pm Jen-EBCC	<b>Bowling &amp; Billiards at UMC</b> 4/28 3:30-6:30 pm Cory-EBCC	<b>Track-N-Field</b> 4/15-5/13 10:00-11:30am Sherri-SBRC
				<b>Red Robin &amp; Scavenger Hunt at Mall</b> 4/6 5:15-8:00 pm Cory-EBCC	<b>Board Games &amp; Subs</b> 5/12 4:30-6:30 pm Cory-EBCC	
					<b>Teen Dance</b> 5/12 6:00-8:00 pm Chelsea-EBCC	

### EXPAND Staff:

Cory	303-413-7269	LasherC@bouldercolorado.gov
Jen	303-413-7474	HeilveilJ@bouldercolorado.gov
Lori	303-413-7256	GoldmanL@bouldercolorado.gov
Sherri	303-441-4933	BrownSh@bouldercolorado.gov
Chelsea	303-441-3416	CernyC@bouldercolorado.gov

# Boulder Parks & Recreation/EXPAND

*Volunteers are an important part of our programs!*

## **What is EXPAND?**

EXPAND (EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, youth and adults with disabilities an opportunity to participate in recreation programs of their choice.

## **Additional Volunteer Opportunities**

### **Inclusions**

Assist a child with a disability in a general recreation program. Most inclusions occur in swimming and gymnastics classes. Time and days vary depending on the season, so please let us know if this interests you! Contact Chelsea for gymnastics @ 303-441-3416 or Jen for swimming @ 303-413-7474.

### **Road Races**

We are looking for volunteers to help at registration and aid stations throughout the year. Contact Sherri @ 303-441-4933.

### **Youth Services Initiative**

The YSI is a community-based after school and summer program for youth ages seven through eighteen living in Boulder's low-income housing sites. The mission of the YSI is to inspire youth from low income families to make healthy, caring and responsible choices by providing opportunities for recreation, life skill development and community building. Contact YSI Staff @ 303-413-7217.



### **Programs meet at recreation centers:**



#### **EBCC (East Boulder Recreation Center)**

5660 Sioux Drive  
(55<sup>th</sup> & Baseline) – 303-441-4400

#### **SBRC (South Boulder Recreation Center)**

1360 Gillaspie  
(Broadway & Table Mesa) – 303-441-3448

#### **NBRC (North Boulder Recreation Center)**

3170 Broadway  
(Broadway & Iris) – 303-413-7260